



List of 18 basic kicks

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Choujiao Basic 18 Kicks

1.Zheng ti tui - Straight swinging kick

2.Li he tui - Inside crescent kick

3.Bai lian tui - Outside crescent kick

4.Ce ti tui - Side swinging kick

5.Tan tui - Spring kick

6. Deng tui - Heel kick

7. Ce chuai tui or ti - Side thrust kick

8. Zhuang ti - Push kick

9.Cun ti - Inch kick

10.Cuo ti - Shovel kick

11.Shi zi tui - 10 kick

12.Ye li cang hua tui - Hide flower under leaves kick

13.Ye Li Zuai Lian Tui = Under leaves Syth Kick

14.Hua lan tui - Straight back kick/Flower Basket Handle kick

15.Jiu fan, Yuan Yang Tui - 9 flip, Mandarin Duck kick

16.a.Sao tang(qian) -Sweeping the hall (front)

b.Sao tang(hou)-Sweeping the hall (back)

17.Juezi Tui = Donkey kick

18.Hou Bai Lian Tui = Back Outside crescent kick (spinning back heel)

The **18 basic kicks** of Choujiao (Chuojiao), a traditional Chinese martial art known for its diverse and powerful kicking techniques, are as follows^[1]:

1. **Zheng ti tui** - Straight swinging kick
2. **Li he tui** - Inside crescent kick
3. **Bailian tui** - Outside crescent kick
4. **Ce ti tui** - Side swinging kick
5. **Tan tui** - Spring kick
6. **Deng tui** - Heel kick
7. **Ce chuai tui (or ti)** - Side thrust kick
8. **Zhuang ti** - Push kick
9. **Cun ti** - Inch kick
10. **Cuo ti** - Shovel kick
11. **Shi zi tui** - 10 kick
12. **Ye li cang hua tui** - Hide flower under leaves kick
13. **Ye Li Zuai Lian Tui** - Under leaves scythe kick
14. **Hua lan tui** - Straight back kick / Flower basket handle kick
15. **Jiu fan, Yuan Yang Tui** - 9 flip, Mandarin duck kick
16. **Sao tang (qian/hou)** - Sweeping the hall (front/back)
17. **Juezi Tui** - Donkey kick
18. **Hou Bai Lian Tui** - Back outside crescent kick (spinning back heel)

These kicks represent the **core technical foundation** of Choujiao, emphasizing a wide range of angles, directions, and tactical applications. The system is renowned for its variety, with these 18 basic kicks forming the basis for more advanced combinations and variations within the style^{[2][1]}.



STEP-BY-STEP UNSTRUCTIONS ON HOW TO DO EACH OF THEM

Below are **step-by-step instructions** for each of the 18 basic Choujiao kicks. These descriptions are based on standard martial arts kicking mechanics and traditional Choujiao principles. If you require video demonstrations or further clarification for any specific kick, let me know.

1. Zheng ti tui (Straight swinging kick)

- Stand in a natural stance.
- Raise your knee straight in front of you.
- Extend your leg forward, swinging from the hip.
- Strike with the ball or heel of the foot.
- Retract the leg and return to stance.

2. Li he tui (Inside crescent kick)

- Stand with feet shoulder-width apart.
- Lift your kicking leg across the body.
- Swing the leg outward in a crescent arc, striking with the inside edge of the foot.
- Return to stance.

3. Bai lian tui (Outside crescent kick)

- Stand naturally.
- Lift your leg outward.
- Swing the leg inward in a crescent arc, striking with the outside edge of the foot.
- Return to stance.

4. Ce ti tui (Side swinging kick)

- Stand sideways to your target.
- Lift your knee up and across your body.
- Swing the leg horizontally, striking with the instep or heel.
- Retract and return to stance.

5. Tan tui (Spring kick)

- Stand naturally.
- Quickly snap your knee up.
- Extend the leg forward in a quick, spring-like motion, striking with the ball of the foot.
- Retract the leg.

6. Deng tui (Heel kick)

- Stand in a fighting stance.
- Lift your knee.
- Extend the leg forward, pushing through the heel.
- Strike with the heel, then retract.

7. Ce chuai tui (Side thrust kick)

- Stand sideways.
- Lift your knee toward your chest.
- Extend the leg straight out to the side, thrusting with the heel.
- Retract and return.

8. Zhuang ti (Push kick)

- Stand facing your target.
- Lift your knee.
- Extend the leg forward, pushing with the ball or heel of the foot.
- Retract and return.

9. Cun ti (Inch kick)

- Stand close to your target.
- Lift your knee slightly.
- Extend your foot a short distance, using minimal movement.
- Strike with the ball or heel of the foot.

10. Cuo ti (Shovel kick)

- Stand naturally.
- Lift your leg, bending the knee.
- Scoop your foot upward and forward in a shoveling motion.
- Strike with the top or ball of the foot.

11. Shi zi tui (10 kick)

- Stand in a natural stance.
- Cross one leg in front of the other.
- Swing the kicking leg in a diagonal or crossing arc, forming a “10” shape with your legs.
- Return to stance.

12. Ye li cang hua tui (Hide flower under leaves kick)

- Stand naturally.
- Lift your knee, feinting a low kick.
- Quickly redirect the leg upward or to the side, striking unexpectedly.
- Return to stance.

13. Ye Li Zuai Lian Tui (Under leaves scythe kick)

- Stand naturally.
- Lower your body and sweep your leg in a wide arc, as if scything under leaves.
- Strike with the instep or side of the foot.

14. Hua lan tui (Straight back kick/Flower basket handle kick)

- Stand facing away from the target.
- Look over your shoulder.
- Lift your knee, then thrust your leg straight back.
- Strike with the heel.

15. Jiu fan, Yuan Yang Tui (9 flip, Mandarin duck kick)

- Stand in a fighting stance.
- Jump or pivot, swinging both legs in a scissor or alternating motion.

- Strike with one or both feet, simulating a “mandarin duck” movement.

16a. Sao tang (qian) - Sweeping the hall (front)

- Stand naturally.
- Lower your body.
- Sweep your leg in a wide arc to the front, aiming to knock down an opponent’s legs.

16b. Sao tang (hou) - Sweeping the hall (back)

- Stand naturally.
- Lower your body.
- Sweep your leg in a wide arc to the back.

17. Juezi Tui (Donkey kick)

- Stand naturally.
- Lean forward, placing hands on the ground if needed.
- Kick one leg straight back and upward, imitating a donkey’s kick.

18. Hou Bai Lian Tui (Back outside crescent kick/spinning back heel)

- Stand naturally.
- Pivot on your support foot, turning your body.
- Swing your kicking leg in a wide arc behind you, striking with the heel or outside edge of the foot.
- Complete the spin and return to stance.

Note: For best results, practice slowly at first, focusing on balance, control, and proper form before increasing speed and power. If you are new to martial arts, consider training under a qualified instructor to ensure safety and correct technique.

1. <https://www.chuojiaofanzi.org/january-2012-30-day-challenge/list-of-18-basic-kicks>
2. <http://bajizhandao.co.uk/chuo-jiao-quan/>